

THREE PERFECT DAYS IN

Copacabana & Isla del Sol

Day 1 - Copacabana

- Transport to Copacabana
 - To get to Isla del Sol, you will need to first get to Copacabana. To get there, you have a couple of options from La Paz: 1) a local bus from Cementario or La Terminal Nueva in El Alto 2) a tourist bus that can be purchased online prior. There is a chance you're coming from Peru too. No matter what the option is, most likely you will be traveling for 4 hours in the early morning.
- Lunch
 - Your arrival should be around lunchtime. **Copacabana** is a very small town so drop off your bags at your accommodation and head down to the port for some local trout. There will be a little strip of kiosks selling them so simply pick one and enjoy this local delicacy.
- Exploring town
 - The entire town can be seen in an hour or so. Walk along **Avenida 6 de Agosto** for some tourist shops, bars, and restaurants. Head over to the stunning **Basilica**, hopefully, you can catch some local vendors depending on the day. After some exploring, head over to your hotel to rest up. The altitude can really mess with you, so be careful about how much physical effort you exert.
- Sunset
 - Far up on the hill, you will find **Cerro Calvario** a religious site that offers the best views of the town and even better views of the sunset. It will take 30 or more minutes to get there so plan accordingly with the sunset schedule.
- Dinner
 - Walking along Ave 6, you probably noticed that there is a lot of choices for food. The problem with them is that they mostly serve tourist food. And if that's what you're craving enjoy, however, for a more "local" experience, I'd recommend **La Orilla**.

Day 2 - Isla del Sol

- Transport to Isla del Sol
 - Make sure to get to the dock at 8:00 am to grab the 8:30 am boat to Isla del Sol. The journey should take around 2 hours. You're likely to get dropped off in the southern part of the island as the north frequently closes its tourist access. As there are no cars on the island, you will have to walk to your hotel from the drop-off point. Stay in the **Yumani community** on the southern end.
- Getting Situated & Relax
 - The beauty of Isla del Sol is that you're supposed to disconnect and enjoy its secluded beauty. When you get to your accommodation, enjoy the grounds and simply relax enjoying the stunning views of **Lake Titicaca**. I recommend staying at the higher points of the island to secure the best views from your room.
- Lunch along the Lake
 - If you're not staying at the higher points of the island, make sure to head there for the lunch views. There are many family-run restaurants along the small path. **Pachamama** can be used as a navigational point.
- Hiking time
 - If you're acclimated enough to the altitude, make sure you do some hiking around the island. The north and the south often argue about tourist access but if the north is open, take the **Willa Thaki Trail** to the **Challapampa** community in the northern part. That should take you a 4 to 5-hour roundtrip. In case that's closed or you want something shorter, explore **Mirador Palla Khasa** on the southern end.
- Dinner
 - After hiking, make it a priority to visit one of the coolest restaurants in the world or **Las Velas**. You'll eat a freshly prepared dinner under only candlelight. After dinner, don't forget to look up for the brightest stars you have probably ever seen.

Day 3 - More Exploring

- Transport back to Copacabana
 - The morning boat leaves at 10:30 am and will take around 2 hours to get back. If you'd like to enjoy more views of the Lake and are not in a rush to get back to La Paz, stay in Copacabana for one more day.
- Lunch in town
 - After a rocky boat ride back, fuel up on some carbs at **Pan America** where you can find some decent tourist pizza. Did you know carbs help alleviate altitude sickness?
- More Hiking or not ...
 - A fun way to explore more of the area on foot is by taking a 35-minute taxi to the **village of Yampupata**. From there you can hike back to Copacabana along the lake. When you get closer to town, note the **Islas Flotantes** or Floating Islands on the Lake. Although not as big as the ones in Peru, you can enter and explore them for an hour or so.
 - If you don't want to make your way that far, another option for a hike is **Horca del Inca**. It's a former Inca observatory at which a rock remains that used to be a navigational point for them. The hike is challenging so prepare to exert some energy. Lastly, you can just lay and relax on a hammock at your hotel enjoying the peace and quiet of the town.
- Dinner
 - You probably know by now that Copacabana doesn't have a foodie scene but don't let that stop you from eating well. A couple of good picks include **Juyra Cafe Bar** or **Ali** for some tasty dinner bites.
- Drink and Dancing
 - Walk around town and you shall find many bars. But why not experience a local/tourist vibe at **Waykys Discoteca**? You'll get a DJ, dancing and a cheap drink.